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Tuesday, December 8, 2015 metro.us | t: MetroPhilly | f: MetroPhilly



When a green juice becomes unhealthy. 15



WHEN EAGLES ADAPT, THEY DON'T DIE

Macnow says Chip Kelly's willingness to adjust has paid off. 18

Program sends first-time felons to school, not jail. 6



HERE COME THE ANGELS

We go behind the scenes of the most anticipated show of the year, as Victoria's Secret returns to the Big Apple. 12-13

GETTY IMAGES



PERSONAL INJURY LAWYERS

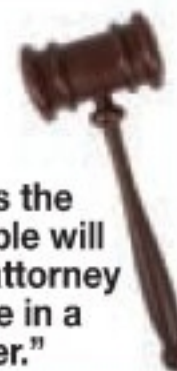
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"My attorney answers the phone and if not available will call back promptly. My attorney explained things to me in a very detailed manner."

GUN CONTROL VICTORY

1 The Supreme Court rejected a challenge by gun rights activists to a Chicago suburb's ordinance banning assault weapons and large-capacity magazines, handing a victory to gun control advocates amid a fierce debate over the nation's firearms laws. The 2013 ordinance passed by the city of Highland Park, Illinois, will remain in place. **REUTERS**



VATICAN LEAKS TRIAL

2 The "deputy pope" will be summoned to testify before a Vatican court hearing over theft of confidential papal documents, the first time such a high-ranking official will appear at a public trial inside the city-state. The lawyer for Francesca Chaouqui, a former public relations consultant for a Vatican reform commission, asked that Secretary of State Cardinal Pietro Parolin and two other high-ranking Vatican prelates appear before the court. Parolin is second only to Pope Francis in the hierarchy of the Vatican. **REUTERS**

NO NATO GROUND TROOPS

3 NATO has ruled out sending ground troops to fight against Islamic State militants in Syria, NATO General Secretary Jens Stoltenberg told a Swiss newspaper, stressing the need to bolster local forces in the conflict. "That is not on the agenda of the coalition and the NATO allies," he told the Tages-Anzeiger paper. **REUTERS**



SCUBA SANTA

7 Sierra Fischer, 4, from Brigantine, New Jersey, interacts with Scuba Santa at the Adventure Aquarium in Camden, New Jersey, on Monday.

7
THINGS YOU
NEED TO KNOW

MAIN PHOTO BY CHARLES MOSTOLLER, ALL OTHER PHOTOS BY GETTY IMAGES

TERRORISM ALERT SYSTEM

4 Homeland Security Secretary Jeh Johnson said on Monday that he would soon announce changes to the national alert system to warn the public about terrorism risks. The changes come amid fresh concerns about terrorism in the United States. The National Terrorism Advisory System is triggered by specific, credible information on a possible threat. **REUTERS**



PIG'S HEAD IN MOSQUE

5 Police are investigating why a severed pig's head was left outside a North Philadelphia mosque. A caretaker told police he found the animal part at about 6 a.m. Monday in front of the Al Aqsa Islamic Society when he came to set up for morning prayer services, NBC 10 reported. The news outlet added that surveillance footage from outside the 1501 Germantown Avenue building shows a red pickup truck driving past the mosque and someone throwing an object out of its window Sunday night. **CRISTABELLE TUMOLA**

FISHTOWN HOMICIDE

6 Police have investigated a couple after finding a woman who had been left dead for days in her Fishtown home. James Cheever, 50, and Jane Johnson, 47, were arrested Monday and admitted their guilt in the crime, ABC reported. Kathy Wilson, 54, was found dead in her home on Earl Street on Monday. **SAM NEWHOUSE**



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Please donate to the Metro Magic annual holiday toy drive during the 2015 holiday season.

In keeping with the holiday spirit of giving, Metro is once again launching Tony's Metro Magic, our annual toy drive for underprivileged children in Boston, New York and Philadelphia.

This year marks the seventh

anniversary of the toy drive, which was renamed in memory of the man who oversaw the project for more than four years, Tony Metcalf, Metro's longest-running editor-in-chief. Metcalf passed away in 2013 from colon cancer at the age of 50.

Metcalf lit up every year as he saw the faces of children unwrap their holiday gifts. It

is our goal to keep that magic alive. We are now asking readers to contribute what they can to Tony's Metro Magic.

Metro has created a wish list at the Target website that readers can access by going to www.metro.us and clicking on the Tony's Metro Magic logo.

From there, just choose the toys you wish to donate, pay online using Target's

secure payment system. Your gifts, along with your name attached, will be delivered to Metro's offices in each city.

This season we hope you will remember the children who will spend the holidays in shelters or who may not have gifts to open. Even one small gift can make a big difference in a child's holiday season.

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Kenney heads to Harvard

With just under a month until he takes office in City Hall, mayor-elect Jim Kenney is still seeking out new ways to educate himself.

Kenney will be traveling to Cambridge, Massachusetts this week to participate at the Harvard Institute of Politics Seminar on Transition and Leadership for Newly-Elected Mayors.

For Kenney, who will formally take office as mayor on Jan. 4, it's a chance to learn from other urban leaders.

"This conference presents a unique opportunity to hear directly from our nation's top experts and other mayors on their experiences," Kenney said in a statement.

The three-day, invitation-only conference is "off the record" and closed to the media.



Mayor-elect Jim Kenney is heading to Harvard Wednesday for a three-day conference. CHARLES MOSTOLLER

Kenney's travel expenses, meals, and lodging costs will be paid for by Harvard.

Kenney will participate in workshops on topics such as "transitioning from the campaign to City Hall ... and attracting the Millennial generation to cities," according to his campaign. SAM NEWHOUSE

BRIEF

Temple football extends Matt Rhule as coach

The Owls really had no choice. After a 10-3 campaign (and possibly 11-3 after they face Toledo in the Marmot Boca Raton Bowl in two weeks) Temple's football team has burst onto the national stage.

With two sellouts (of 69,000-plus fans at the Linc against Penn State and Notre Dame), numerous weeks nationally ranked and an abundance of television exposure, Temple football is a hot commodity.

So it their coach Matt Rhule. Or at least, he was, until the Owls nailed him down with a six-year contract extension that will keep the coach in North Philly until 2021 – thus keeping him from a higher-profile school seeking a new head coach like BYU and Rutgers.

"One of the first decisions I made as Temple's president was to hire Matt Rhule as football coach," Temple University President Neil D. Theobald said. "Matt's commitment to our student-athletes on and off the field, as well as the program's substantial improvement each season, has more than justified my confidence in him. He works tirelessly for the betterment of our players, our football program, and our university."

Rhule's Owls had just two wins when he first took over in 2013. Last season they were bowl eligible at 6-6, and this season, they



Matt Rhule GETTY IMAGES

were a win away from appearing in the Peach Bowl on New Year's Eve (where AAC champion Houston will face Florida State).

"While this has been such a special season, there is still so much more that Temple football can accomplish," Rhule said. "I am proud to coach such incredible student-athletes and I am honored to continue to be a part of the Temple community."

Rhule coached at Temple for six seasons as an assistant prior to a one-year stint as an assistant with the Giants before he returned to take over the Owls.

Many alum hope this season – and Rhule's extension – will create the perfect storm when recruiting begins after this season. And for years to come. EVAN MACY

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First-time felons get second chance

A new diversionary program is believed to be the first to ever send offenders to college.



SAM NEWHOUSE
@snewhouse
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A new partnership between the Philadelphia DA's office and Community College of Philadelphia could soon be making waves in the world of judicial diversion programs.

"The new paradigm of being a prosecutor is to do all that we can to prevent crime and prevent recidivism," Williams said. "What is even more important than tremendous and high-quality re-entry programs is what I call pre-entry programs."

The program, "Future Forward," diverts individuals charged with nonviolent felonies for the first time, aged 24 or over, to Community College of Philadelphia (CCP), where they will be able to choose from the same undergraduate courses — more than 70 programs total — that other students have access to.

"We're certain we can find something that will interest them," said CCP president Dr. Donald Guy Generals.

The program is tentatively scheduled to begin in January with room for 15 participants.

Jamie Gullen, an attorney with Community Legal Services of Philadel-



District Attorney Seth Williams CHARLES MOSTOLLER

40
PERCENT OF
MISDEMEANORS
CURRENTLY DIVERTED
TO PROGRAMS IN
DA'S OFFICE

7-8
PERCENT OF FELONIES
DIVERTED

phia (CLS) who works on expungements, said the program is "a novel concept" — in part because felony expungement is almost impossible in Pennsylvania, and that having a record makes it hard for people to get jobs.

"Barriers are really extreme, especially for felony convictions," Gullen said. "There's over 55 different licenses and occupations that have restrictions on felony criminal records. ... You're barred for life if you have certain

felony convictions."

CLS sees more than 1,000 people a year seeking help with criminal record issues — 20 percent of whom are young adults, Gullen said.

"If a young person is able to get into that program, get that felony expunged, they could go to CCP, get certified as a nurse, go into home health care, and not have that barrier," she said.

Future Forward is currently considered a pilot program. Participants will have a case manager, will work with CCP's Fox Rothschild Center reentry support program, and must remain arrest-free for a year after completing the program to have their record expunged.

"We could spend \$40,000 a year to incarcerate someone in state prison, with a recidivism rate of 63 percent," Williams said. "From a far-left-wing Mother Teresa perspective or a far-right-wing return on investment perspective, the approach doesn't work."

"Now, they're going to have a chance to get an education."

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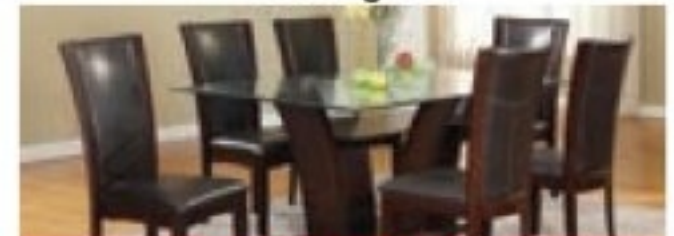


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'Tis the season for gifts

Philadelphians have been swarming the Christmas Village in LOVE and Dilworth parks in recent days as gift shopping for the holidays heats up. Left, Hani Mikhail sells glass ornaments at the Unique Store. **CHARLES MOSTOLLER**



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Trump calls for end to Muslims entering the US

Republican presidential candidate Donald Trump said a "total and complete shutdown" of all Muslims entering the United States should be put into place until Congress can act.

In a statement distributed to the press, Trump said that polling shows a "hatred" by Muslims toward Americans that could result in more attacks.

"Without looking at the various polling data,

it is obvious to anybody the hatred is beyond comprehension," Trump said in a statement. "Where this hatred comes from and why, we will have to determine. Until we are able to determine and understand this problem and the dangerous threat it poses, our country cannot be the victims of horrendous attacks by people that believe only in jihad, and have no sense of reason or respect for human life." REUTERS

Donald Trump GETTY IMAGES



FBI says shooters were radicalized for 'some time'

The FBI says the shooters were radicalized but no sign of international plot.

Investigators believe the married couple who massacred 14 people in Southern California last week — the U.S.-born husband and his Pakistani wife — had been radicalized "for some time," but no evidence has yet emerged of an international plot, the FBI said on Monday.

The latest disclosures in the FBI-led investigation came as San Bernardino County employees began returning to work under tighter security, five days after a co-worker, Syed Rizwan Farook, 28, and his spouse opened fire with assault-style rifles on a holiday gathering of his colleagues.

The couple were killed in a shootout with police several hours after their



Tashfeen Malik



Syed Rizwan Farook HANDOUT

attack on Wednesday morning in a conference room at the Inland Regional Center social services agency in San Bernardino, about 60 miles east of Los Angeles.

The FBI said last week that authorities are investigating the mass shooting as an "act of terrorism," noting that Farook's Pakistani-born wife, Tashfeen Malik, 29, was believed to have pledged allegiance on Facebook to the leader of the militant group Is-

lamic State.

In addition to five firearms recovered by investigators, law enforcement officers also have seized the thousands of rounds of ammunition along with explosives and other materials for making numerous pipe bombs.

Questions have been raised about the extent to which Farook, who was born in Illinois to Pakistani immigrant parents and grew up in Southern California, might have

been acting under the influence of Malik, whom he married in Saudi Arabia in the summer of 2014 and then returned with to the United States.

But David Bowdich, assistant director of the Federal Bureau of Investigation's Los Angeles office, said on Monday that investigators believe "both subjects were radicalized and had been for some time."

He said it remained to be seen whether they were indoctrinated by other individuals or turned to extremist ideology on their own.

He also cast further doubt on whether the couple were part of a larger organization of militants.

The FBI, he said, was continuing to seek a motive for the attack. Agents believe the couple had been planning more violence because of their cache of ammunition and pipe bombs. REUTERS

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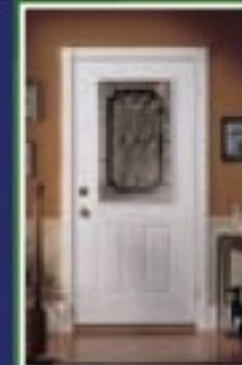
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Days after Saint West arrives, Kim and Kanye are arguing again

Kim Kardashian and Kanye West have barely had time to announce the ridiculous name (Saint West) for their newborn son, and they're reportedly already squabbling about what to do next with their family. And apparently it comes down to whether or not Kardashian will get pregnant again — something she reportedly didn't want to do to begin with for baby No. 2, according to Radar Online. "Everyone knows she was dead set on adoption, but Kanye pleaded for her to get pregnant again and she caved in," a source says. "Now she's putting her foot down and has insisted surrogacy or adoption would be the only way she'll consider adding to their family down the line." Apparently her expe-



ALL PHOTOS GETTY IMAGES

rience bringing Saint to term has only solidified her position. "Kim's final trimester has been so uncomfortable, it's taken a major toll on her body and made her vow never to go through this hell again," the source explains. "She had no idea it would be this difficult in terms of destroying her self-esteem." Sounds rough.

the word

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Justin Bieber's throwback posting is getting creepy

I know this seems weird coming from me, but guys? I'm worried about Justin Bieber. As news of ex-girlfriend Selena Gomez's new romance with One Direction member Niall Horan begins to spread, Bieber can't seem to stop himself from posting more and more throwback pics rife with nostalgia-filled longing. The latest? A 2012 photo of the pair holding hands while out and about, posted to Instagram with the caption "crazy throwback." Is it, though, Justin? Is it so crazy? Do you need to talk about something?



@victoriabeckham
Good morning NY!! have missed u!!! X



@SarahKSilverman
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RAQUEL LANERI

ALESSANDRA AMBROSIO DOES NOT JUST WAKE UP LIKE THIS

Brazilian supermodel Alessandra Ambrosio is vamping backstage at the Victoria's Secret fashion show, flashing her million-dollar style and making it all look a breeze. But it turns out that preparing to walk the VS runway is kinda like training for a marathon: intense. Here, the 34-year-old beauty tells us how she gets into fighting shape.

How do you prepare for the big show?

The past week has been crazy. I made an appointment with my dermatologist. I got a facial, a crystal peel. I've been working out even more than usual and eating healthy — lots of green juices, lean proteins, chia bars. If I'm really hungry and need a snack I'll grab one of those chia bars. Got a spray tan, got some highlights in my hair. It's a lot of work doing this show!

Sounds like it! Do you have any tips for boosting your confidence the day of?

Music! I'm a classic rock girl, and I'll put on a playlist full of my favorite rock songs and it just lifts my mood and makes me feel energized.

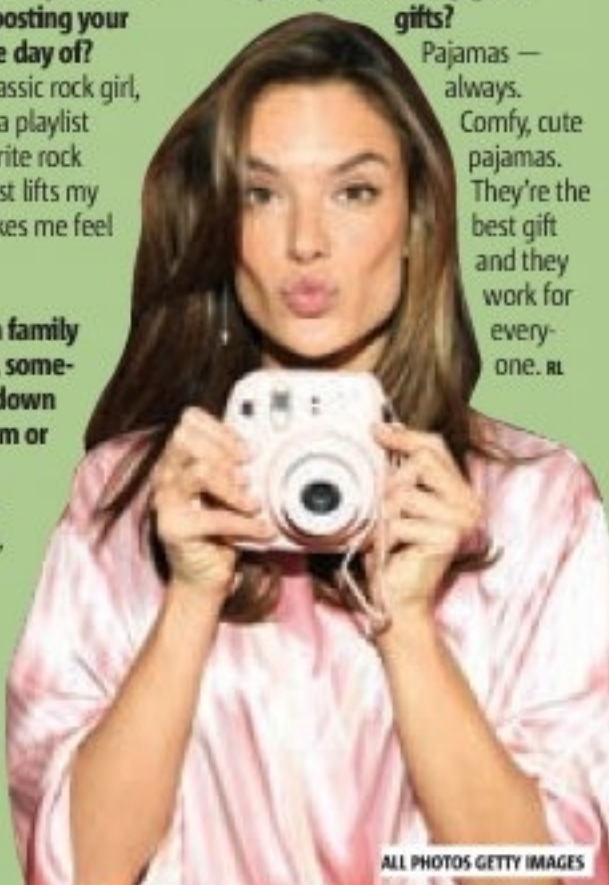
Do you have a family beauty secret, something passed down from your mom or grandma?

Stay hydrated. I'm from Brazil, so I'm always drinking coconut water. Lots and lots of coconut water.

The holidays are coming

up, do you have any go-to gifts?

Pajamas — always. Comfy, cute pajamas. They're the best gift and they work for everyone. RL



ALL PHOTOS GETTY IMAGES

AN "ANGEL'S" CHRISTMAS

All Candice Swanepoel wants for Christmas is her fiancé, Hermann Nicoli. Actually, the South African model, whose name is usually preceded by the words "blonde bombshell," is more into giving than receiving. Here, the 27-year-old tells us about love, lingerie and why less is indeed more.

What do you think is the best thing to unwrap?

My fiancé.

What's the best thing for a guy to unwrap on Christmas Day?

A car.

So, are you buying your fiancé a car?

Oh, no, no, no! [Laughs]

How do you feel about novelty lingerie during the



festive season?

You know what, I'm actually not a big Christmassy person, I usually just use the opportunity to travel and run away.

What's the best present you've ever been given?

Probably a vintage piece of jewelry that's been in my family for a long time. It was my grandmother's wedding ring. She passed away; now I wear it.

What's the best gift you've received from a man?

We don't really do presents any more ... my fiancé and I. We're kind of "less is more." But during the year, I'll give something as a surprise.

What gift do you use as a treat for yourself after a big assignment?

A massage — that's my weakness. I love massages.

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VS'S NEXT TOP MODEL



Gigi Hadid (left) strikes a pose backstage with newbie Rachel Hilbert (right).

Twenty-year-old Rachel Hilbert is the new face of PINK, and she's walking her first VS fashion show tonight. We caught up with her before her big debut.

What have you been doing to prepare for the show?

Mostly just resting — and eating well. Avoiding carbs. I can't wait to eat a pizza tomorrow.

When do you feel sexiest?

I have to say I feel sexiest when I just have had a nice workout and I'm sweating and have a clean face, no makeup. Though, a nice pair of heels always helps too.

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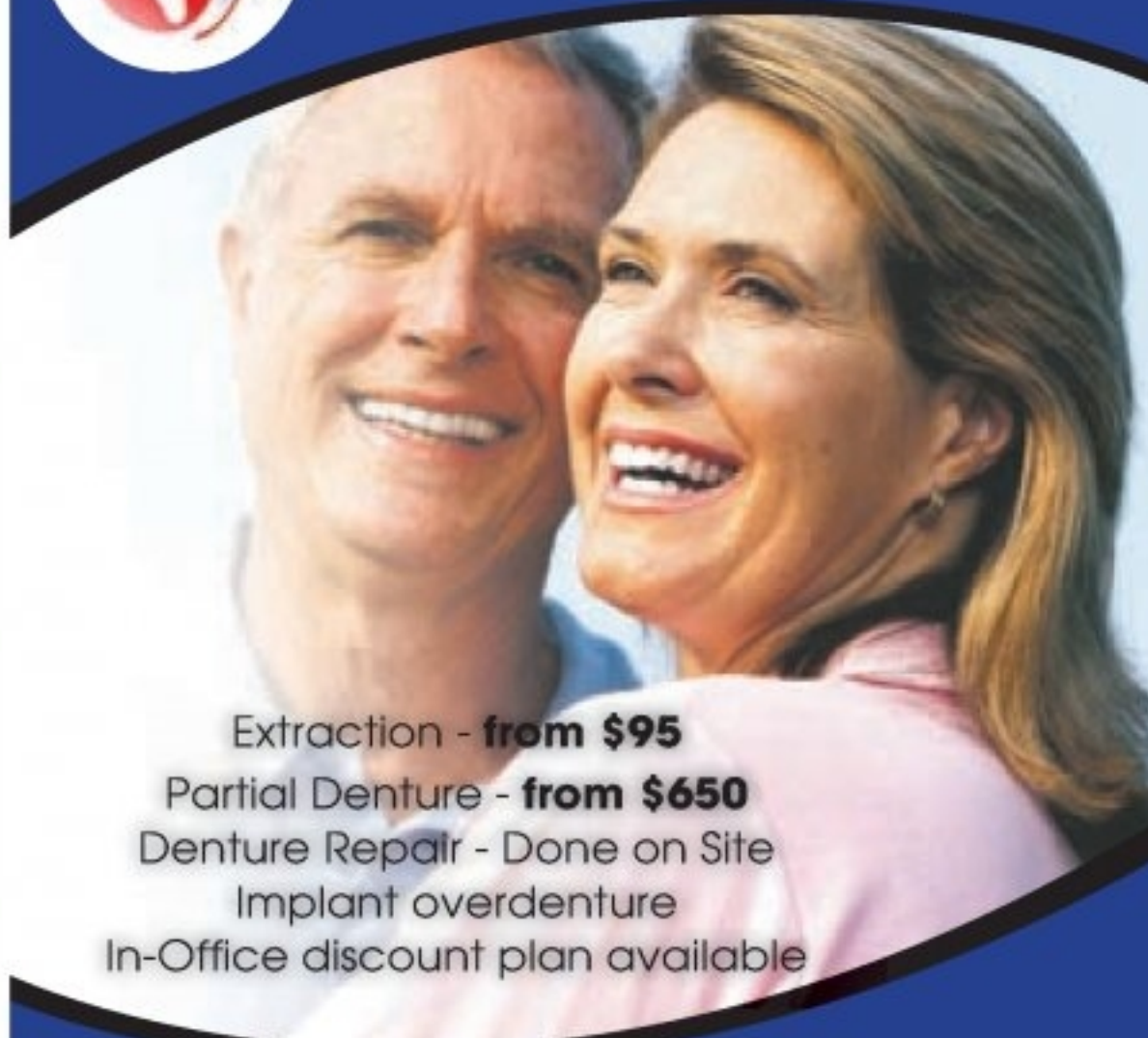


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Vincent Piazza heads home

King of Queens

Piazza no longer lives in Queens, and he's not as connected to the borough as he once was. But he knows it well enough to sense that it has changed dramatically.

"It feels more modern," he explains. "Back then, the neighborhoods were very compartmentalized. There were many ethnicities, but they were in different sections and blocks." Today, the different groups are more open to mixing together. "I'd be curious to see what a teenager's point of view from the neighborhood today would make of this film — if any of that stuff exists anymore."

"The Wannabe" isn't the first film about the Uvas. Only last year, there was "Rob the Mob," with Michael Pitt and Nina Arianda as Thomas and Rosemarie. Piazza admits to still not having seen it, though he's aware it's more comedic, a little sweeter, not as dark as the film starring him. "There were so many liberties taken with our story," Piazza says. "It would be scary if they were similar."

another movie about nobodies in well over their head. He even namechecks Martin Scorsese's "King of Comedy," comparing Thomas to Robert De Niro's oblivious would-be standup comic, Rupert Pupkin. "I saw

them as kins, these characters, even though what they pursued was very different," he says.

Clod." Eventually they were whacked.

A native of Maspeth, Queens, Piazza was around when the Uvas were knocking about. But "The Wannabe" — which stars Patricia Arquette as Rosemarie — doesn't stick to the letter of the story, and Piazza says their tale was more an entryway into looking back at that period of time in New York history, when the John Gotti trial had become a media circus and the old kind of NYC mob was fading away.

It also explores pop culture's obsession with organized crime through movies and iconography. Thomas is introduced sitting in on the Gotti trial, staring at him as if he were James Cagney, who is seen on his television set, in 1939's "The Roaring Twenties," early on. "At what point do the lines blur? Are modern mobsters acting like the movies?" Piazza asks. "Here's a kid who's taking cues from both sides: how to dress like this mobster, how to act from this guy on TV. There's a weird soup he was a part of."

There's a long history of gangster movies Piazza could draw from, but he cites as a major influence "Dog Day Afternoon."

GETTY IMAGES



Piazza and Patricia Arquette play a couple in over their heads in "The Wannabe," now on VOD. ENTERTAINMENT ONE

The "Boardwalk Empire" actor returned to Queens for the true crime story "The Wannabe."



MATT PRIGGE
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matt.prigge@metro.us

One of the standout scenes in the new indie "The Wannabe" finds its mafia-infatuated antihero, Thomas, spotting Eric Roberts in a bar. Thomas is a big fan of the actor's work in the 1984 crime classic "The Pope of Greenwich Village," so he approaches him, all the while calling him by his character's name.

That's happened to Vincent Piazza, who plays Thomas. "Some people, when they meet me, they speak to me, but mostly

in terms of the plot of the show I'm on," Piazza tells us. "They say, 'What's gonna happen with Charlie?' They're very serious." When Piazza was on "Boardwalk Empire," he says people would be shocked to discover he's polite and friendly, i.e., nothing like his character, gangster Lucky Luciano. "There was always a moment of, 'You're him?' What did you expect, that I'd walk in with that archaic accent?"

At least with "The Wannabe," Piazza has some connection to the material. It tells the story of Thomas and Rosemarie Uva, a Queens couple who in 1992 started sticking up mafia society halls. They were called a modern-day Bonnie and Clyde — or, as per The Daily News, "Bonnie and

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Can you eat too healthy?

Being obsessed with what you eat will not only leave you unhappy, it could make you sick.



ELODIE NOËL
Metro World News
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Clean and green have been the buzzwords of the nutrition world for years, showing up in increasingly complicated diets, meal plans and cleanses. While we can all use a bit more kale (and, let's be honest, veggies in general) in our lives, if you're obsessed with every ingredient on your plate, you could have an eating disorder called orthorexia.

The condition, coined in 1997 by Dr. Steven Bratman, takes healthy eating to the extreme, and is to an extent triggered by our overwhelming cultural preoccupation with eating clean.

"It's an obsession about choosing foods for their purity, their cleanliness or lack of toxicity," explains Sonda Kronberg, a clinical nutrition therapist with

the American National Eating Disorders Association. "When some of my clients go to a restaurant and they don't have organic lettuce or farm-to-table carrots or vegan food, they just won't eat. They care to a degree that will interfere with the quality of their lives and their ability to be social."

This "drive for purity and wholeness," as Kronberg calls it, is something that Jordan Younger is familiar with. Better known as The Blonde Vegan, the successful blogger was a fervent juice-cleanser and under constant pressure to be a role model for the meat-free community. It all became too much when Younger realized that her clean lifestyle was controlling her life.

"I had developed many fears surrounding food due to my very strict labeled plant-based vegan diet, and I was becoming more and more limited over time in what I was comfortable eating," she says. "I even joked about it with my close friends, by calling certain foods, like eggs, 'fear foods' because I had stayed away from them for so long."

"It was easy to hide



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The Bratman Test for orthorexia

1. Do you spend more than three hours a day thinking about your diet?
2. Do you plan your meals several days ahead?
3. Is the nutritional value of your meal more important than the pleasure of eating it?
4. Has the quality of your life decreased as the quality of your diet increased?
5. Have you become stricter with yourself lately?
6. Does your self-esteem get a boost from eating healthy?
7. Have you given up foods you used to enjoy in order to eat the

"right" foods?

8. Does your diet make it difficult for you to eat out, distancing you from family and friends?
9. Do you feel guilty when you stray from your diet?
10. Do you feel at peace with yourself and in total control when you eat healthy?

If you answered yes to 4 or 5 of the above questions, it means it's time to relax more about food. If you answered yes to all of them, you may have a problem with food.

behind the shield of veganism," she recalls. "Anything that wasn't completely clean, oil-free,

sugar-free, gluten-free and plant-based, I dismissed because it wasn't within the dietary label I

had given myself."

Like most eating disorders, orthorexia isn't entirely about what you do and don't eat, but the amount of torment that goes on inside your head. The fact that it isn't necessarily a life-threatening issue can make it harder to detect and, most importantly, to admit.

"I was at a relatively healthy weight," says Younger, whose new book, "Breaking Vegan," chronicles her bout with orthorexia. "My struggles were more internal and personal. My orthorexia got in the way of my friendships, relationships, family life, work, passions [like writing and exercising] and more."

Yet, when obesity is a mass killer, mak-

ing clean eating an enemy could be dangerous. Kronberg doesn't want her clients to think it's never OK to indulge in a doughnut, but that it should remain an indulgence rather than off-limits.

"In the end," she says, "it's about learning to just be."



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Are you hiding your inner rock star?

KIM SCHNEIDERMAN, MSW, LCSW

Once Upon a Couch

Kim Schneiderman, LCSW, is a psychotherapist and the author of "Step Out of Your Story: Writing Exercises to Reframe and Transform Your Life." Email Kim your questions at askkim@metro.us. stepoutofyourstory.com



"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure."

Nelson Mandela

truly, are like Adele, hiding our inner rock star until the moment when we can reveal ourselves and be recognized for our magnificence.

We all wear masks that we show to the world, reflecting various aspects of ourselves. The mask we show to our colleagues — for example, strength and confidence — may be different from the one we show to our friends and relatives, who get to see our more charming, self-effacing neuroticism.

Sometimes, these masks are worn intentionally, and for good reasons — you wouldn't discuss your recently broken heart with a job recruiter. They can also be a way to cope. Many children begin to wear masks when they feel their natural self will not be loved and accepted. A little girl may smile if she knows that expressing fear, anger or sadness would be met with scorn, disapproval or something much worse.

Yet these masks prevent others from really seeing us, which leads to feelings of loneliness and isolation. We

can even become so accustomed to our masks that we begin to mistake them for who we really are.

We all have gifts and the capacity to give. So many of my clients secretly wish to remove their masks and, like Adele, be received by adoring fans. It's the same for love on a smaller, more personal scale, which becomes possible only through courageous honesty and faith in the worthiness of what we have to share.

In fact, a growing body of research popularized by best-selling author Brene Brown actually shows that taking off our masks to reveal our vulnerability is the path to successful relationships. Moreover, such exposure has a domino effect: Taking off our masks inspires others to do the same.

We all need to be seen and appreciated for our authentic selves; it's what drives personal growth. In this season of celebrating peace and light, may we all take a cue from Adele by grabbing the microphone, tapping into our heart and belting out that special song only we can sing.

Although I indulge in watching viral videos, I rarely play them more than once. But I can't seem to stop watching Adele fooling a bunch of her own impersonators by pretending to be one of them. There is something Shakespearean in the way she dons a prosthetic nose and chin, feigns a bad case of nerves, and then jolts her audience into ecstatic recognition with a raspy refrain of "To Make You Feel My Love."

One of the reasons I love this video so much is that many of us, including yours



Adele is doing things her own way, and she's proof that letting your real self shine is what makes you successful. GETTY IMAGES

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Drexel hoops relying on Allen to resurrect team from slow start

The Dragons are hoping they can turn around their lowly season as Penn State, UPenn and South Carolina wait ahead on the docket.

JEFF MCMENAMIN
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Life has not been easy for Drexel coach Bruiser Flint. After two straight injury-rattled seasons, Flint was finally hoping to field a healthy roster for the 2015-16 season and grow from an 11-19 season a year ago. The healthy roster is mostly there but it's missing its

best player, Damion Lee, who transferred to Louisville in the offseason.

The Dragons (1-6) got their first win of the season Saturday over La Salle (4-3) 66-53, but the winless start has definitely taken its toll on the blue and gold.

"[I told the team to] forget the scoreboard, forget the game plan and just go out and get [a win]," Flint said. "Throw everything out the window and get a win because you need one."

The brutal start to the season hit a low point for the Dragons when they lost to D-II Alaska-Anchorage on Thanksgiving, 71-65. They stand dead last in the Colonial Athletic

Association and are averaging just 68.1 points per game, which ranks 278th in the country.

"In the heat of the game, we had a couple minutes here and there, we didn't crack," Flint said. "In the other games, teams came back on us and that was it, it was over. Next thing you know we're down by five or down by eight. Today they came back on us and we sort of fended them off. We needed to win a game before I killed somebody."

If Drexel is going to string together some wins this season, they'll need to rely heavily on the play of Tavon Allen. Allen, who leads the

What's next?

Drexel has South Carolina (8-0), Penn State (5-2) and Penn (4-4) on deck. The Dragons will face the Gamecocks on the road Tuesday before returning to the Palestra on Saturday to face the Nittany Lions. Both games have 7 p.m. starts.

Dragons in scoring with 15.1 points per game this season, scored 25 points on 7-for-11 shooting in the win over the Explorers.

"I was just taking good shots," Allen said. "That's all they have been telling me to do is just take



The Dragons are hoping to claw their way out of the CAA basement. GETTY IMAGES

good, open shots and I feel like I did that today. I was more aggressive going to the basket, which got me to the line a little bit. I was just trying to do what [Flint] says, taking

good shots and not taking bad shots like I have been."

Flint called Allen's performance "the best game he ever had" for the Dragons.

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MACNOW: WHEN CHIP KELLY ADAPTS, EAGLES FIND LIFE

The first sign things would be different Sunday came six minutes in. The Eagles opened their second drive with two penalties (that part wasn't different), but then, on 1st and 20, quarterback Sam Bradford turned and handed the ball to ... Kenjon Barner. And the little guy from Oregon — who'd had one first-quarter carry all year — juiced his way for 19 yards.

All season long, Chip Kelly has been fairly criticized for sticking with things that didn't work — Exhibit A, of course, being DeMarco Murray. But on this day in New England, Coach Intransigence found his flexibility, at least for one day. The man who wouldn't change anything through a horrid three-game streak changed a lot.

So Barner and Darren Sproles combined for 24 carries and 105 yards, to Murray's eight for 24. So Kelly started rolling Bradford out of the pocket on key downs to buy time and gain space. The result: critical third-down conversions for an offense that had ranked 29th in the NFL in that stat.

On defense, Vinny Curry emerged from mothballs to provide pressure, and Tom Brady was sacked four times.



Kelly's pragmatic coaching approach Sunday, along with some big plays on special teams and defense, lifted the Birds to an improbable victory. GETTY IMAGES

Malcolm Jenkins moved back to the slot after three games away, and gathered a 99-yard interception for a touchdown.

There was more. Players vented last week that the Eagles lacked a sense of unity and that Kelly didn't hold anyone accountable. While the coach dismissed the complaints, he had to hear the sentiment.

So on Saturday night, he gathered the boys at the team hotel and offered positive rein-

"Three wins in the final four games will almost certainly win this putrid NFC East."

forcement. They sat in a darkened room and watched a video featuring all 53 of them making an impact play in a prior game. It's a gambit some might dismiss as "Harry High School." But you can imagine the Eagles cheering for each other for the first time in a while. They inhaled that

emotion, and beat New England the next day. There will be lots of talk this week of how Tom Brady had no weapons, and how Bill Belichick killed his own team with an ill-timed onside kick, up 14-0. Some of that may have merit. But don't ignore that the Pats won their last 94 at home

when they put up an eight-point lead.

What the Eagles accomplished Sunday with offense, defense and — especially — special teams was outstanding.

Whether any of this carries over remains to be seen. The Eagles remain a flawed team, and Kelly must coach like Vince Lombardi to overcome some of the damage he created as general manager.

Three wins in the final four games will almost

GLEN MACNOW

OPINION

Glen Macnow has been an outspoken voice in Philly sports for nearly three decades.
@realglenmacnow



certainly win this putrid NFC East. The Eagles will likely be favored in three — although we've seen how little that means this season.

Don't know about you, but I'd rather watch them make the playoffs at .500 than spend Christmas week debating who they'll draft and when the coach gets fired. It's anything but certain that will happen, but at least now they've created the opportunity.

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fill-ins

Place all the words listed into the grid. Each word can be used once only. The first word has been filled in.



5 Letters

Alike
Amble
Amuse
Blast
Bribe
Dirty
Eking

Emery
Every
Hello
Lapel
Later
Longs
Lover
Olden

Order
Pixie
Pulse
Purge
Recap
Reels
Shred
Snubs

Sober
Soppy
Sport
Spout
Tents
Terms
Ulcer
Unite

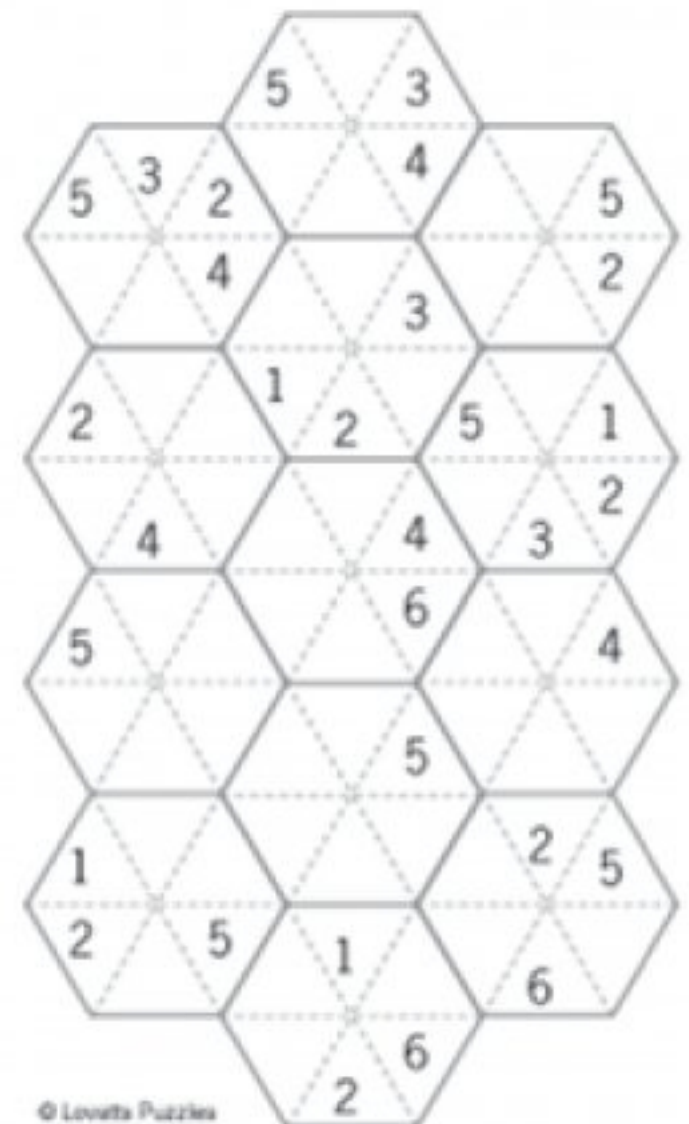
Vixen

7 Letters

Enlarge
Espouse
Nominee
Ravioli

hexoku

Fit the numbers 1 to 6 into each hexagon so that where the hexagons touch, the numbers are the same. No number is repeated in any hexagon.



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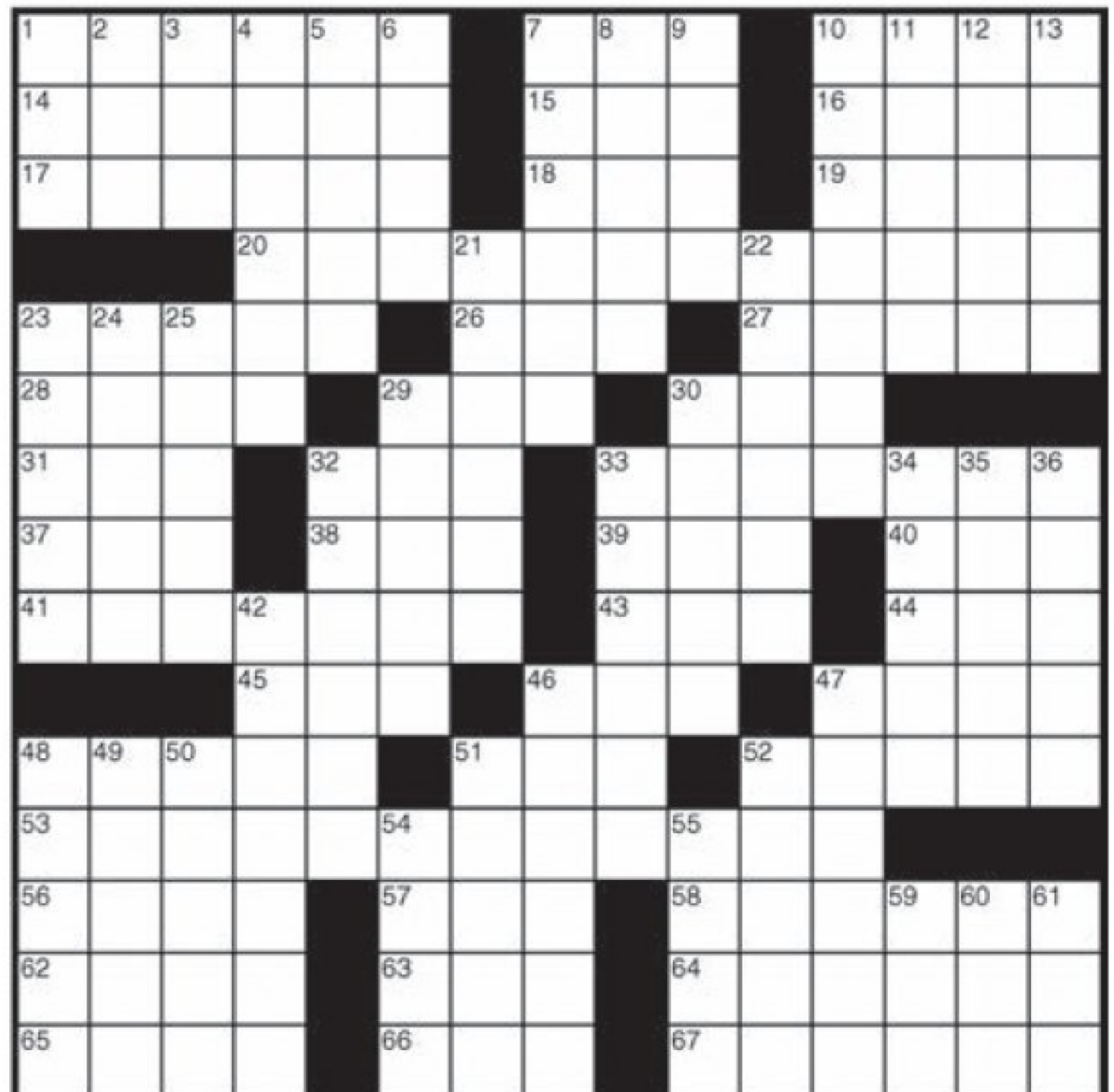
metro.us/crossword

Across

1 Street divider
7 Internet suffix
10 Told a whopper
14 Chocolate dessert
15 Fragrant tree
16 MIT grad
17 Natural
18 Gulf st.
19 Mystique
20 Big picture (2 wds.)
23 Heist, slangily
26 Wk. day
27 Oven gloves
28 Slow time
29 Angkor —
30 It may blow hard
31 Wyo. neighbor
32 In honor of
33 Paper-folding art
37 Andy Gump's wife
38 — Wiedersehen
39 Family mem.
40 Beauty pack
41 Spools
43 "— Rheingold"
44 Pizarro's quest
45 Advanced deg.
46 "I saw a mouse!"
47 Two-way
48 One-celled plants
51 Santa — winds
52 Bikini sporters
53 Cumulonimbus
56 Lecture
57 — -Magnon
58 Pilot's position
62 Atlas dot
63 Mortar trough
64 Glamour
65 Flung
66 Have debts
67 Gave off fumes

1 2001, to Livy
2 Many many years
3 Hassle a debtor
4 Ms. Sanford of TV
5 In a ferment
6 — -do-well
7 Compensate
8 Peeved
9 Like slate
10 Bugging off
11 Aleut language
12 Marsh stalker
13 Selects a card
21 Overshadows
22 PC messages
23 Shinny
24 Broadcast portion
25 Fallback strategy (2 wds.)
29 Snaked around
30 Like some accidents
32 Conked out
33 Nightmare
34 "My Cherie —" (Stevie Wonder tune)
35 Fresco
36 Goddesses' statues
42 Bed covering
46 Make unreadable, for security
47 Toy with
48 Upper room
49 Tibet's capital
50 Beach scavengers
51 Silent projectile
52 Deceitful cunning
54 Canyon reply
55 Gen. — Bradley
59 Puffin kin
60 Umbrage
61 Flaming

FOR THE ANSWERS
TO TODAY'S PUZZLES,
metro.us/games





metro.us/horoscopes

-  **Aries** Save for a rainy day and do your best to put your financial affairs in order. Prepare to head into the upcoming year free from problems.
-  **Taurus** Spend time with the people you enjoy being with most. Lend a helping hand to groups in your community geared toward helping the elderly.
-  **Gemini** A change regarding your position may cause concern. Jump from one thing to another to ensure that you don't lose momentum financially.
-  **Cancer** Everything will work in your favor if you go about your business. Picking up items that will enhance your looks should be on your agenda.
-  **Leo** You know what's best for you, and anyone trying to curtail your freedom or your ability to advance must be put in his or her place.
-  **Virgo** Getting together with people who share the same concerns or interests will enable you to explore new ventures or prospects.
-  **Libra** Scan the want ads or online job postings in order to discover something of interest. An energetic activity will help you ease stress.
-  **Scorpio** Share your thoughts and follow through with a plan. Preparing for the end of a year can be daunting if you leave everything to the last minute.
-  **Sagittarius** Use moderation in all that you do. Distance yourself from emotional melodramas. Help others, but don't make unrealistic promises.
-  **Capricorn** Partnerships and tactics will decide your future. If you broaden your outlook, share your innovative ideas and step up to the plate.
-  **Aquarius** Questionable situations will have to be dealt with carefully. Do your research and don't depend on others to come up with solutions.
-  **Pisces** Personal improvements will help you gain the confidence needed to head in a direction that you only dreamed about in the past. **EUGENIA LAST**

metro.us/sudoku

easy

6		1	9					
4			3					
		2	5		6			1
				2		8	6	
8	4	6		3		7	2	9
	2	9		4				
9			2		3	1		
					1			8
					7	4		5

hard

			3	1	5			
		6		9		8	1	
			6				3	9
	7	8			3		6	
	1						9	
	4		5			7	2	
8	6				9			
	9	2		3		4		
			2	7	4			

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YOUR WEEKLY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			PAUL'S BIRTHDAY PARTY PTA MEETING ANNIVERSARY NFL PLAYOFFS ON TV			

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